# **BERTHOUD HIGH SCHOOL ATHLETICS**

# **850 Spartan Avenue, Berthoud, CO 80513**

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Principal: Chris Garcia

## Athletic Director: Mark Avery

**BERTHOUD HIGH SCHOOL**

**SPARTANS**

### 2010 C R O S S C O U N T R Y

Head Coach: Curt Ranweiler

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| **DAY / DATE** | BUS LEAVES **MEET****TIME** | **OPPONENT** | **SITE** |
| SAT / August 28 | 7:30am  8:45am | LyonsScrimmage/Practice Meet | Lyons High School  Lyons, CO |
| FRI / September 3 | 1:30  **3:30** | 22nd Annual Horizon CC Invitational | Adams County Regional Park  9755 Henderson Road-Brighton |
| SAT/ September 11 | 7:15am  **9:00am** | 11th Annual St. Vrain/Lyons  Invitational Cross Country Meet | Lyons High School  Lyons, CO |
| FRI / September 17 | 1:15  **4:00** | Fort Morgan  Cross Country Invitational | Riverside Park  Exit North on Hwy. 52 -Fort Morgan |
| TUES / September 21 | 1:00  **4:00** | Sterling  Invitational | Sterling High School  Sterling, CO |
| FRI / September 24 | 1:45  **3:50** | John Martin Invitational | Fort Collins High School  3400 Lambkin Way -Fort Collins |
| TUE / September 28 | 1:15  **3:30** | Horizon  Runner’s Roost Invitational | Addenbrooke Park  600 South Kipling Pkwy. -Lakewood |
| FRI / October 1 | 1:00  **4:00** | Sweetheart Invitational | North Lake Park  29th St. and Taft Ave. -Loveland |
| SAT / October 9 | 8:30am  **10am** | Patriot League  Meet | Mead High School  12750 County Road 7 - Longmont |
| SAT/ September 11 | 7:15am  **9:00am** | 11th Annual St. Vrain/Lyons  Invitational Cross Country Meet | Lyons High School  Lyons, CO |
| SAT / October 16 | 7am | Wiggins  Cross Country Invitational | Wiggins High School  Wiggins, CO |
| THURS / October 21 | TBA | 3A Regionals | Lyons High School  Lyons, CO |
| SAT / October 30 | TBA | STATE | Arapahoe County Fairgrounds  Hosted by: Smoky Hill HS |

5/13/10

1. \*MONDAY, August 16 -First Day of Practice 3:30PM

2. \*GET YOUR PHYSICAL AND PAPERWORK READY AND TAKEN CARE OF – ASAP!

4. CONCESSIONS / FUNDRAISING – These are our money makers for our camp, equipment and team accessories!

**TRAIN AS A TEAM – RACE AS A TEAM – WIN AS A TEAM**